

IN THE CLAIMS:

Please amend Claims 3, 16, and 18-20 as follows:

3. (Once Amended) The controlled descent device of claim 2 wherein said one-way bearing is selected from the group consisting of ramp type roller, sprag clutches and sprag clutch with roller combinations.

16. (Once Amended) The controlled descent device of claim 15 wherein said one-way bearing is selected from the group consisting of roller ramp type, sprag clutches and sprag clutch with roller combinations.

18. (Once Amended) The controlled descent device of claim 17 wherein each of said joined ends has a loop wherein said linkage comprises a cylinder supported within each loop, and a bolt passing through holes formed in each loop and through each cylinder.

19. (Once Amended) The controlled descent device of claim 17 wherein each of said joined ends has a loop, wherein said linkage comprises a screw lock link passing through the loops.

20. (Once Amended) The controlled descent device of claim 17 wherein each of said joined ends has a loop, wherein said linkage comprises a plate supported within each said loop, and at least one screw passing through the loops and plates.